

## Public Abstract

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Title:The Middlescence Principal: Professional Growth in Times of Increased Accountability

This qualitative narrative case study explores the lived experiences and perceptions of a high school principal in mid-career and the challenges that he, as do other public school administrators, face when confronted with increased accountability and student performance demands across the country. Effective school research, leadership and career development provide a theoretical foundation for this study. Although the study examines the participant's entire professional experiences, much emphasis has been placed on his mid-career period and the school's improvement implementation process. Specific focus identifies the signs of burnout and his desire and need for rejuvenation. The story of one identified principal is studied to understand what lead to burnout and the strategies that supported his growth and rejuvenation. The major finding from this study found the importance of relevant training, consistent coaching, and the mentor relationship, all of equal importance, for the success and growth of the middlescent principal. This research study can be used by other school administrators, district leaders, and preparation institutions to better support administrators in mid-career. Recognition of the signs of burnout will also trigger the guidance necessary to focus the principals toward rejuvenation. Keeping our quality leaders in our schools is important to the continued success in school.